A NEW CLASS..... "STEPPING UP YOUR NUTRITION"

Come to this class designed to help you reduce your risk of falling

Class Agenda:

- 1. Nutrition Affects Falls
- 2. Muscle Matters
- 3. Nutrients to Know: Protein and Fluid
- 4. Determine your nutritional health score
- 5. Make plans to modify eating habits

April 12, 2017

12:30 to 2:30

Talbot County Senior Center



To sign up contact Teresa Greene

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Presented by Judy Simon RD and Karla Beardsley RD - Maryland Department of Aging